

live life well

wellness

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DEC 2016

Meet actress
and I Love Foodies
blogger Benika Parr

FABULOUS
&

Festive

The Wellness Warehouse magazine

**GREEN
CHRISTMAS**

Eco Gifting, Recycling & Upcycling

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The Ripple Effect of Kindness

**FEASTING ON
NUTRITION**

Superfood Desserts & Delicious Dining



SIX GREAT REASONS TO INCLUDE GOATS' MILK EVERY DAY

1. Did you know that Goats' Milk is easier to digest, adds nutrition and is a source of key essential vitamins and minerals?^{1,2,3,4,5,6,7}
Many people benefit from the specific composition of Goats' Milk. The special characteristics concerning the composition of Goats' Milk result in its nutritional absorption which is markedly higher compared to cow's milk.⁸
2. Did you know that only one glass of Goats' Milk gives you more than two thirds of the recommended daily requirement of zinc?⁹
Zinc is an important mineral for the maintenance of healthy skin, wound healing and helps boost immunity.¹⁰
3. Did you know that the KabiRita Goats' Milk range is 100% free and has not been exposed to antibiotics, growth hormones or pesticides?^{11,12,13}
*Not for sale in the USA and Singapore
4. Did you know that KabiRita Goats' Milk is high in vitamin D? KabiRita Infant Full Cream Goats' Milk contains added vitamin D. One 200ml glass of KabiRita Infant Full Cream Goats' Milk (5% of powder) gives you not your daily requirements of vitamin D.¹⁴ Vitamin D is necessary for normal bone structure and helps to increase the absorption of both calcium and phosphorus in the digestive tract. Vitamin D helps maintain normal bones and teeth, normal muscle function and normal functioning of the immune system.^{15,16}
5. Did you know that KabiRita Goats' Milk contains a good source of calcium? Drinking one 200ml glass of concentrated KabiRita Infant Full Cream Goats' Milk (5% of powder) gives you one quarter of your daily requirement of calcium. Calcium is essential for the development and maintenance of strong bones.

and teeth and help reduce the risk of bone density problems like osteoporosis and may also aid in weight control by helping breakdown body fat, but part of an energy controlled diet.^{17,18,19}

6. Did you know that Goats' Milk contains the highest amount of probiotics among domestic animals? These probiotics are in the form of oligosaccharides. In the gut these probiotics can help to maintain the health of our digestive tract by encouraging the growth of beneficial gut bacteria, preventing the growth of harmful bacteria and offering an anti-inflammatory effect.^{20,21,22,23}

*Reference list available on request

DID YOU KNOW?

All KabiRita goats' milk is non-GMO (non-genetically modified organism) according to European standards²⁴ and sourced from farms which follow strict guidelines in terms of animal feed and treatment.²⁵ KabiRita's unique, high-quality goats' milk has a mild, sweet and fresh taste.²⁶



kabrita

PORTION CONTROL

This is a big one. To me, it doesn't matter so much what we eat but more how much we eat. So whether out at home, I try and cut my portion sizes. In restaurants it's easy to share a starter and dessert and have separate mains. This allows the full experience without feeling too satiated. At home I pre-plate out portions, which helps determine how much I eat even before I start preparing. That cuts the risk of continuing to eat because it's just so tasty.

IF IT CAN'T BEHOLD, YOU PROBABLY SHOULDN'T BE EATING IT

Anything pre-packaged, ready-made, and drenched in additives and sugars I avoid. You can't always control what goes into your food when you're eating out, but at home you can – only use buy ingredients that are fresh and car-spiced. Eggs, meats, fish, dairy, veggies, and fruits. If it's filled with preservatives, it can't be good for you.

ENJOY YOUR FOOD

Ultimately, if you're not enjoying your food, then what's the point? So if you're skipping sugar and additives, limiting alcohol, and choosing fresh, smaller portions, then go ahead and enjoy your food. Know that what you eat will go into your body is good for you. Yes, keeping an eye on the pounds may be important, but enjoying the taste and just being healthy and happy is even more important. Don't worry about what society says – if you're happy, healthy and fit at a size that's perfect for you, then that's all that matters.



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5 FOODIE TIPS

Our cover model (links, popular blogger and foodie fanatic) from loveofdoxies.com, gives us 5 tips on how to enjoy food and maximise taste without packing on the pounds.

Being an actress, model, and foodie has been a really interesting career choice. The first two require full attention to my body, while the latter lets me eat everything in the world and call it a job! – so blessed to do what I love doing. Though sometimes juggling them can be a little hard.

Along the journey I've learnt neat little tricks to help. To never be a long-legged sugar skinnier model – and I don't want to be – so I focus on being healthy, fit, and happy. Here are some guidelines to make things a little easier.

SUGAR IS NOT YOUR FRIEND

Don't really have much of a sweet tooth, but I do love a good dessert. Over the

last two years I've cut down the amount of sugar I consume, now if something is too sweet, I don't enjoy it. Sugar is an addiction, and the less you consume it, the less your taste buds will want it. All it takes is to slowly start leaving it out. Whether it's hidden sugars, fruit juices, sauces, medicine ... you'll be surprised when you find it!

ALCOHOL ISN'T YOUR FRIEND EITHER

There's nothing wrong with a glass of wine here and a sundowner cocktail there, but in the foodie world it's easy to get sucked in. So often you go for a dining menu and get five glasses of wine or so – you go for dinner and there's bubbly wine and dessert wine. I like a glass of wine with a fancy dinner, but otherwise I have sparkling water with lemon for dinner. Drink it out of a wine glass and it feels classy and refreshing, minus all those extra calories.

We ask Benike Palfi, our cover model for some of her festive and wellness habits and tips.

What is your favourite festive home-made non-alcoholic drink (or mocktail)? To be honest, I'm not really a fan of creating anything too complex at home, so I'll reserve fancy mocktails for sundowners at the beach. If I want to make myself a delicious drink and 'spice things up' at home, I'll go for freshly infused water. I like adding fresh lemon and mint to a glass of water for a yummy refreshing drink. Or, if I'm feeling particularly adventurous, I'll cut up oranges, lemons, and grapefruits into a jug of water – it's super delicious!

What is your favourite wellness tip or advice? Be positive. I think this extends to all areas of life, regardless of whether it's exercise, food, work, or relationships. Your body is an extension of your spiritual, emotional, and/or mental well-being. So if you wake up feeling positive and try to keep that attitude no matter what happens (even though it may be hard at times), that good energy is bound to feed into everything you do. Positivity equals happiness, and there really is no more important key to wellness than that.

How do you 'live life well'? I try to make the most of each and every single day. Use every opportunity you have to smile, be kind, educate yourself, experience nature, and lead a fulfilling life. After all, life is nothing but a culmination of our everyday, so if you make every day pretty awesome, then your life will be awesome. It's the little things that count.

Describe your ultimate festive lunch. I eat out a lot and have tried so many different amazing things, but my idea of the best festive lunch takes me right back home to my mom. She always makes the best: Roast lamb with grilled potatoes, onions, and veggies, a summer salad, red cabbage ... And for dessert we have our homemade trifle, with cookies, jelly, fruit, custard, nuts, and chocolate. It makes me happy just thinking about it!

What's the one ingredient you would never be without? Well, my dad's Hungarian so I grew up with a lot of Hungarian food, and the key ingredient to any dish is paprika. So I will always have a jar of sweet paprika spice in my kitchen, preferably one straight from Hungary! I put it on absolutely everything, and wouldn't even know how to cook without it!

Instagram: @benikepalfi **Twitter:** @benikepalfi **Facebook:** @benikepalfiactress



Alex McGregor

Daniel Mpilo Richards
Professional Actor
082 331 6566
dimrichards1td@gmail.com

Dune Spence-Ross
Fitness enthusiast and Photographer

Wellness Support Office
261 Bree Street, Cape Town
021 003 3552
www.wellnesswarehouse.com